

EVERYBODY'S BABY

WHAT CAN THE ROYAL COUPLE EXPECT NOW THAT THEY'RE EXPECTING?
A LOT OF ADVICE FROM COMPLETE STRANGERS, FOR ONE THING

PAGE 17



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Monday, December 10, 2012

 News worth sharing.



Could the NHL lockout be good for us?

A Metro columnist wonders if a lost season might just be a blessing in disguise for Winnipeg **PAGE 11**

It takes two for B.C.'s Japandroids

Drummer/vocalist Dave Prowse tells Metro why being in a two-piece rocks **PAGE 14**

Your cookie jar
runneth over

Biscuit lovers rejoice, with recipes for cinnamon-honey oat drops and chocolate pepper sable cookies **PAGE 18**



SURPRISE! IT'S STANLEY

The 11A1 Lord Selkirk Steelers minor hockey team scrunch in close to the Stanley Cup after finding the iconic trophy in their dressing room following a Sunday practice. The team won an afternoon with the cup by taking part in the Scotiabank Community Hockey Sponsorship Program. SHANE GIBSON/METRO



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Suspect. Alleged verbal abuser of blind man speaks

Police have caught up with a man who allegedly threatened a blind man and his guide dog on a city bus earlier this year.

Police released a photo of the suspect earlier in the week after an unknown man approached the 41-year-old victim and his guide dog near the corner of Portage Avenue and Spence Street around 8 a.m. Sept. 17.

The suspect began distracting the dog, and, when asked to stop, the suspect continued and eventually

threatened to seriously harm both the victim and his dog, according to police.

The suspect then allegedly caught the same bus the victim and his dog got on and continued to threaten the man and his dog on bus, despite being told to stop by several passengers.

The victim eventually exited the bus and called police.

With help from the public, police were able to identify the suspect and have conducted an interview.

METRO

Winnipeg. Staples Business Depot first in North America to unionize

A Winnipeg Staples Business Depot location has become the first in North America to join a union.

Over 65 per cent of the nearly 40 employees working at the Leila Avenue location voted to join UFCW Local 832 and the Manitoba Labour Board certified the bargaining unit in November.

"Basically the workers felt like they weren't properly treated at work and there's a lot of respect and

dignity issues there," said the union's director of communications Blake Crothers.

"They'd like to make sure they're protected by a collective agreement."

The newly unionized employees held their first proposal meeting on what they'd like to see from their new agreement, and dates are being scheduled with the company to start bargaining.

METRO

Friday incident

Winnipeg police look for robbery suspects

Police are looking for two men after a North Winnipeg business was robbed Friday.

Officers responded to the 2100 block of Main Street around 11 p.m. after two suspects with their identities hidden made off with an undisclosed amount of cash from the store.

One suspect was armed with a weapon, but the lone employee working was not hurt.

Both suspects are described white, 20-25 years of age with medium builds.

Anyone with information should call police at 204-986-6219 or Crime Stoppers at 204-786-TIPS.

METRO

Hunting trip

Man missing for nearly a month found safe

A Winnipeg man who was reported missing after going hunting in southeast Manitoba nearly a month ago is home safe and sound.

Norman Brad Lambert, 46, was last seen Nov. 15 in Marchand, Man. on a hunting trip.

Winnipeg police released few details this weekend other than to say Lambert has been safely located.

An investigation is continuing by members of the Missing Persons Unit.

METRO

Online

For more local news go to metronews.ca



More social workers to help poor in downtown

Bigger team.

Downtown Winnipeg BIZ's Watch to add more workers for a team of six to eight in the future



BERNICE PONTANILLA
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Helping Winnipeg's less-fortunate connect with programs and people that can assist them is the reason for the addition of social workers to Downtown Winnipeg BIZ's Watch team.

"Clearly there's an issue in our downtown," said Stefano Grande, executive director of the BIZ. "Although we've made it better than five years ago, it hasn't gone away and we need to address it."

Grande said the BIZ's Downtown Watch team has helped more than 3,500 people off the streets in the past five years, but adding

the social and/or community workers will take the program to the next level.

The Community Homeless Assistance Team, or CHAT, will provide traditional outreach work, but also make the connection between the person in need of assistance and the programs and people who can give it to them.

"There's been so much goodwill created between our patrols and the people who need the help," he said. "We've helped a few, we need to focus on helping more."

Grande said the BIZ will start by hiring two, but are planning to add more workers for a team of six to eight in the future.

Harvy Frankel, dean of the faculty of social work at the University of Manitoba, said he salutes the BIZ for its CHAT program since these types of programs are usually initiatives of local governments.

"It's a wonderful idea to employ social workers because social workers are uniquely trained to deal with



Stefano Grande, executive director of Downtown Winnipeg BIZ, said their new CHAT program takes helping the less-fortunate to the next level.

BERNICE PONTANILLA/METRO

these kinds of issues," he said.

"It makes real sense; it promotes the idea of a downtown community because the homeless are a part of that community."

Frankel said the CHAT program would also be a

great placement for social work students to gain knowledge and experience.

Grande said he'd like to see social work and medical students placed with CHAT.

The BIZ aims to have the program going by springtime next year.

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Winnipegger's new life includes happy children, bullet-riddled homes

Middle East. Young woman says both sides in conflict just want to live in peace

AMANDA THORSTEINSSON
winipeg@metronews.ca

For Emma Bergen, 19, the hardest part of visiting a Palestinian refugee camp is seeing the bullet holes piercing the walls and doors of the homes of the young children with whom she works.

"It didn't occur to me that anyone would shoot at a family's home," said Bergen. "It's disturbing to know the children and their families have lived through house invasions and violence, and to see proof of it permanently

in their doors and walls.

"It shocks me, because if someone can do this to a family's home, where does it end?"

About a month after graduating from Westgate Mennonite Collegiate in Winnipeg this past June, she moved with her family to Jerusalem.

Twice a week, Bergen leaves Jerusalem for Aida camp — a United Nations refugee camp in Bethlehem home to about 4,700 people squeezed into less than a square kilometre.

The camp has just one food-distribution centre, no health centres, and a single school. With no streetlights and sporadic electricity, refugees spend their nights in the dark.

But for Bergen, a children's centre within the

camp is a place she has found joy and acceptance.

"I bring supplies like chalk, pastels, pencil crayons and paint, and together with the children, we colour, draw and trace.

"I love to be in the atmosphere where the children can be children," she said. "I feel accepted by them, and it shows in the way they pull me over to their parents and introduce me in Arabic."

The children are third- and fourth-generation refugees who have never known life outside the camp. Israelis have settled land in the West Bank that the Palestinians claim as theirs.

But Bergen hasn't witnessed bitterness or hate in the children. "The children are joyful and full of acceptance. They love to play and make friends," she said.

The centre where Bergen volunteers is the product of Palestinian parents who realized that refugee-camp life was stealing away childhood from their young ones.

One thing that helps Bergen cope with what she wit-



Emma Bergen, centre, at the children's centre in a Palestinian refugee camp, where she volunteers twice a week.

CONTRIBUTED/METRO

nesses in the camp is talking about her experiences with people on both sides of the fighting.

"There are a lot of Israelis who want a peaceful end to the conflict too," she said.

"I'm not even in this

situation, and it gets me so angry. But they continue to strive for peace, and it's inspiring."

Quoted

"I've never heard a Palestinian person say they want to kick Israel off their land. They want to live together in peace."

Emma Bergen, 19, who recently moved to Jerusalem with her family

Commitment key to bridge West Bank barrier



Emma Bergen stands with Salah Ajarma, a founder of the children's centre, at the entrance to the refugee camp. CONTRIBUTED/METRO

Joanna and Dan Bergen moved with their two daughters from Wolseley to Jerusalem to work with Mennonite Central Committee (MCC) in July. They have committed to stay for a three-year term.

The couple oversees MCC's peace-building programs between Israeli and Palestinian people and poverty-reduction programs in Gaza and the West Bank.

Dan is on leave from teaching high school in the Winnipeg School Division and Joanna previously worked as MCC's HIV-AIDS program co-ordinator.

The recent surge in violent conflict between Hamas and Israel hasn't made them regret their decision to move.

AMANDA THORSTEINSSON/FOR METRO

Hot zone

"The reality of working in Israel/Palestine is that things can 'flare up' at any time, and we knew that going in," said Joanna Bergen. "We don't feel any differently now than when we first agreed to live and work here."

All along the watchtower

Drawing the line

While there's joy and laughter in the children's centre, more menacing things reveal themselves.

"Sometimes when I ask the children to draw something, they draw the wall," said Emma Bergen.

The wall refers to the 670-kilometre-long barrier Israel began constructing in 2002 in and around the occupied West Bank.

The Israeli government said the wall is necessary to protect its citizens from

Palestinian militants.

Palestinian friends tell Bergen the wall cuts them off from their farmland, water sources and family members.

It's something Bergen sees every day when she's at the camp. The wall, with a military watchtower overhead — is right outside the children's centre.

"You walk by and you know that you're being watched. You know someone is always looking down on you, and they think of you as a threat," she said.

"It feels demeaning."

AMANDA THORSTEINSSON/FOR METRO



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Main Street storefront catches fire

A vacant storefront caught fire at about 3:45 a.m. Sunday on Main Street, causing about \$45,000 in damage to the building and the contents inside. Winnipeg police said no one was hurt. The investigation continues. HOWARD WONG/FOR METRO

Province was told of child-welfare struggles, union says

Phoenix Sinclair.

Old letters written to government cite heavy workloads, burned-out social workers

The union for Manitoba's social workers says the government was warned long ago that child welfare in the province was so overwhelmed that children were in danger.

The Manitoba Government and General Employees Union on Friday released three letters it wrote to the government from 2002 to 2005. They warned of skyrocketing case-loads and stressed-out workers at Winnipeg Child and Family

Services.

Social workers have faced criticism at a public inquiry into the 2005 death of Phoenix Sinclair, who was in and out of foster care and fell through the cracks of child welfare.

"We really feel that the public — everyone, actually — is drawing conclusions about the work these people did," said Janet Kehler, a union staff representative and former social worker.

The union's decision to release the letters followed weeks of inquiry testimony that has revealed social workers at the Winnipeg agency failed to keep track of Phoenix for months at a time and failed to provide proper support for her troubled parents. **THE CANADIAN PRESS**

Kids at risk

One letter, written by the union to then-Family Services Minister Drew Caldwell in 2002, warned that the number of children in care in Winnipeg had risen sharply and many frontline workers were quitting because they were so overwhelmed.

- "It is for the above reasons that we feel we must put this government on notice that children and families who require protection services in Winnipeg are at risk and we as workers feel unable to ensure their safety," the letter said.

Ma, I'm famous. 'Smooth' Winnipeg man sees name lit up in Las Vegas

A lucky Winnipegger got to see his name in lights along the Las Vegas Strip on Thursday.

Jeff Carson's entry was one of 10,000 received as part of Expedia.ca's Vegas Facebook contest, which asked participants to create their own Vegas-style sign along with a nickname that would fit Sin City.

Carson, who chose "Smooth" as his nickname, won a four-day, three-night stay for him and five friends courtesy of Expedia partners Planet Hollywood Resort and Casino and Air Canada.

"We're thrilled to be able to give fans like Jeff an unforgettable experience like this in Las Vegas," said Sean Shannon, vice-president and managing



Winnipeg's Jeff Carson, centre, won a contest that saw his name in lights along the Las Vegas Strip. CONTRIBUTED

director of Expedia Canada, in a press release.

The sign for Carson was created and built by YESCO, which has made many of the signs that have illuminated the

famous Las Vegas thoroughfare.

Once the unveiling was complete and pictures were snapped, Carson's sign was moved to Bally's Hotel on the Strip. **METRO**

Pipeline. Docs show review was influenced by oil industry: Greenpeace

A review of pipeline safety commissioned by the Alberta government after a series of high-profile accidents was heavily influenced by industry and designed more to quiet public concern than improve the system, say Greenpeace campaigners.

They say documents obtained under Freedom of Information legislation suggest the terms of the review were OK'd in advance by pipeline-company officials.

"There's a difference between talking to industry and asking for their approval," said Greenpeace energy spokesman Keith Stewart. "It looks like industry got to

Oil spills

The Alberta government asked for the technical safety review last summer following three pipeline-related spills.

- **Red Deer River.** In one of those spills, a Plains Midstream Canada pipeline leaked about 475,000 litres of oil into the Red Deer River, a major drinking-water source for central Alberta.

write the terms for this review." **THE CANADIAN PRESS**

Recurring illness

Chavez in Cuba for cancer treatment

Venezuelan President Hugo Chavez, 58, was heading back to Cuba on Sunday for more cancer surgery after announcing that the illness returned despite two previous operations: chemother-



Hugo Chavez THE ASSOCIATED PRESS

apy and radiation treatment. **THE ASSOCIATED PRESS**

Mandela in hospital as his party faces leadership crisis



Former South African President Nelson Mandela leaves a chapel after attending the funeral of his great-granddaughter Zenani Mandela in Johannesburg. South African President Jacob Zuma says that Mandela has been admitted to hospital in Pretoria to undergo tests. SIPHIWE SIBEKO/THE ASSOCIATED PRESS FILE

Fighting spirit.

Former South African president, 94, has battled tuberculosis, prostate cancer

Inside a Catholic church that once served as a major rallying point for anti-apartheid activists, the image of a grey-suited Nelson Mandela appears in a stained-glass window that also features angels and the cross.

Worshippers here prayed Sunday for the hospitalized 94-year-old former president, who remains almost a secular saint and a father figure to many in South Africa, a nation

Leading by example

"When you have someone that's willing to lead by example like he did, it makes things easier for people to follow."

Church-goer Thabile Manana

of 50 million people that has Africa's top economy.

Mandela's admission to the hospital this weekend for unspecified medical tests sparked screaming newspaper headlines and ripples of fear from the public that the frail leader is fading further away.

And as his African National Congress political party stands ready to pick its leader, who likely will be the nation's next president, some believe governing-party politicians have abandoned Mandela's integrity and magnanimity in a seemingly unending string of corruption scandals. That leaves many wondering who can lead the country the way the ailing Mandela once did.

On Saturday, the office of President Jacob Zuma announced Mandela had been admitted to a Pretoria hospital for medical tests and care that was "consistent for his age." Zuma visited Mandela on Sunday morning at the hospital and found the former leader to be "comfortable and in good care," presidential spokesman Mac Maharaj said in a statement. **THE ASSOCIATED PRESS**




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DJs Mel Grieg and Michael Christian, who apologized for the prank on Tuesday, took down their Twitter accounts after they were bombarded by abusive comments. Rhys Holleran, CEO of Southern Cross Austereo, seen here speaking to media in Melbourne Saturday, said the pair have been offered counselling and are off the air indefinitely. GETTY IMAGES

London police consider probe of radio station

Royal hoax fallout. DJs taken off the air indefinitely following death of nurse who took their prank call

The reverberations from the death of a nurse who accepted a hoax phone call about the ill Duchess of Cambridge spread through two countries Sunday, as Australian authorities said London police had contacted them about a possible investigation.

The Australian radio station behind the call also announced an immediate review of its broadcast prac-

Thrives on controversy

2DayFM radio station has a history of controversy.

- It once aired a segment in which a 14-year-old girl revealed that she had been raped.
- It also ran Heartless Hotline shows in which disadvantaged people were offered a prize that could be taken away from them by listeners.

tices after the debacle, which began with a prank call made Tuesday to the hospital where

the former Kate Middleton was being treated for acute morning sickness.

The controversial prank took a dark twist three days later with the death of nurse Jacintha Saldanha, a 46-year-old mother of two, who was duped by the DJs despite their Australian accents. The death has sparked an angry backlash against the two DJs.

After an emergency meeting Sunday, Max Moore-Wilton, chairman of Southern Cross Austereo which owns the 2DayFM radio station, said in a letter to the hospital's chairman that the company will co-operate with any investigation.

THE ASSOCIATED PRESS

Child pornography

Arrests in Spain linked to Toronto

Spanish police have arrested 28 people and charged 10 others in connection with an international child pornography network allegedly headquartered in Toronto.

DVDs sold through the network via three websites have been distributed to 94 countries, the Spanish Ministry of the Interior said. It said Interpol passed on information from Toronto police about a network selling child pornography videos based in Toronto that had been in operation since 2004.

TORSTAR NEWS SERVICE

Balkans. Blizzards leave 6 dead, chaos on roads

Freezing temperatures and heavy snowfall have killed at least six people and caused travel chaos across the Balkans, with rescue teams struggling to reach passengers stranded in buses and cars in Serbia on Sunday. Officials said four people died in Croatia and two in Serbia.

A woman gave birth to a baby in a stranded truck on her way to a hospital, and named her Snezana, or "Snow White" in Serbian.

By late afternoon, 660 people, including 30 children, were evacuated from stranded vehicles, and army tanks were used to remove heavy trucks that skidded



A woman waits at a bus stop in Belgrade, Serbia, Sunday as freezing temperatures and heavy snowfall caused chaos across the Balkans. THE ASSOCIATED PRESS

and blocked highways.
THE ASSOCIATED PRESS

Top court asked to rule on releasing the Douglas file



Former Saskatchewan premier, father of medicare and first federal NDP leader Tommy Douglas in Ottawa in 1983. CHRIS SCHWARZ/THE CANADIAN PRESS

Tommy Douglas.
Should security forever trump our right to see historic documents?

The Supreme Court of Canada is being asked to settle a seven-year battle to lift the shroud of secrecy over a decades-old intelligence dossier on socialist trailblazer Tommy Douglas.

Jim Bronskill, a reporter with The Canadian Press, is seeking leave to appeal the case to the country's highest

Spied on for five decades

Security services seemed particularly interested in Douglas's links to the peace movement and the Communist party.

- They reported on his comments concerning the U.S. civil rights movement, apartheid, labour issues and more.

court. At stake is more than simply gaining access to the intelligence file compiled on Douglas, according to Bronskill's lawyer.

In essence, the top court is being asked to be the final arbiter on whether national security should trump the public's right to see historical documents.

"It is about the balance between history and security and when national security information can and should be withheld," Paul Champ said in an interview. "Our simple position is that information that's gathered for intelligence or national security should not be hidden away from Canadians for all time." So far only about 700 pages of the 1,142 page file have been made public, many heavily censored. The Mounties spied on Douglas from the late 1930s to shortly before his death in 1986. They attended his speeches and protests, analysed his writings, infiltrated private meetings and eavesdropped on conversations.

THE CANADIAN PRESS

Just monkeying around. Stylish primate charms Toronto Ikea shoppers

Even primates can't seem to resist a good bargain.

A North York Ikea store attracted an unusual customer Sunday afternoon, when a tiny monkey dressed in a fitted faux shearling coat and diapers appeared in the store's upper parking garage around 2 p.m.

"It was just running around screaming," said shopper Bronwyn Page. "There was a crowd of us around it and it seemed really scared and agitated."

Security guards at the Ikea near Leslie Street and Highway 401 eventually cornered the animal in the elevator vestibule and called police. Animal Services soon arrived at the store to pick up the stylish bargain-hunter. The diminutive shopper never made it into the store, said manager Alvaro Carmona.

Animal Services identified the monkey as a rhesus macaque, an Asian species that is prohibited in Ontario.

The owner of the primate turned himself in to Animal Services just after 5 p.m. He was charged with owning a prohibited animal, an offence



Twitter pic of the monkey in the Toronto Ikea's parking garage on Sunday. TWITTER

that carries a \$200 fine.

The seven-month-old monkey somehow managed to escape his owner's car in the Ikea parking lot, said animal control officer David Behan.

Behan said the owner was cooperative in signing over the primate to Animal Services. The man's name has not been released.

As for the half-metre tall simian, he is in good health and will likely be transferred to a sanctuary. "The monkey was in a bit of shock, but it's calmed down now that we've been feeding it some grapes," an animal services representative said. TORSTAR NEWS SERVICE

Winnipeg Transit

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News worth sharing.

Typhoon's death toll rises as Filipinos pick up the pieces

Search and rescue.

After the storm slammed into the Philippines, hundreds are reported killed, many still missing

The number of people missing after a typhoon devastated parts of the southern Philippines jumped to nearly 900 after families and fishing companies reported losing contact with more than 300 fishermen at sea, officials said Sunday.

The fishermen from southern General Santos city and nearby Sarangani province left a few days before Typhoon Bopha hit the main southern island of Mindanao on Tuesday, triggering flash floods that killed more than 600, Civil Defence chief Benito Ramos said.

Ramos said the fishermen were headed to the Spratly Islands in the South China Sea and to the Pacific Ocean. He

Quoted

"We have declared them missing. Maybe they are still alive."

Benito Ramos, civil defence chief, on whether missing fishermen are still alive.

said there has been no contact from them for a week.

"We have declared them missing," he said. "Maybe they are still alive."

Ramos said they may have sought shelter on the many small islands in the Spratlys and the Celebes Sea, and lost battery power and have not been able to call.

He said the coast guard, navy and fishing vessels have launched a search.

After slamming into the southern Philippines, the typhoon moved out to sea but then veered back toward the country's northwest on Saturday, prompting worries of more devastation.

THE ASSOCIATED PRESS



Residents affected by Typhoon Bopha crowd around as relief goods are distributed at New Bataan township, Compostela Valley, in the southern Philippines Sunday.

BULLIT MARQUEZ/THE ASSOCIATED PRESS

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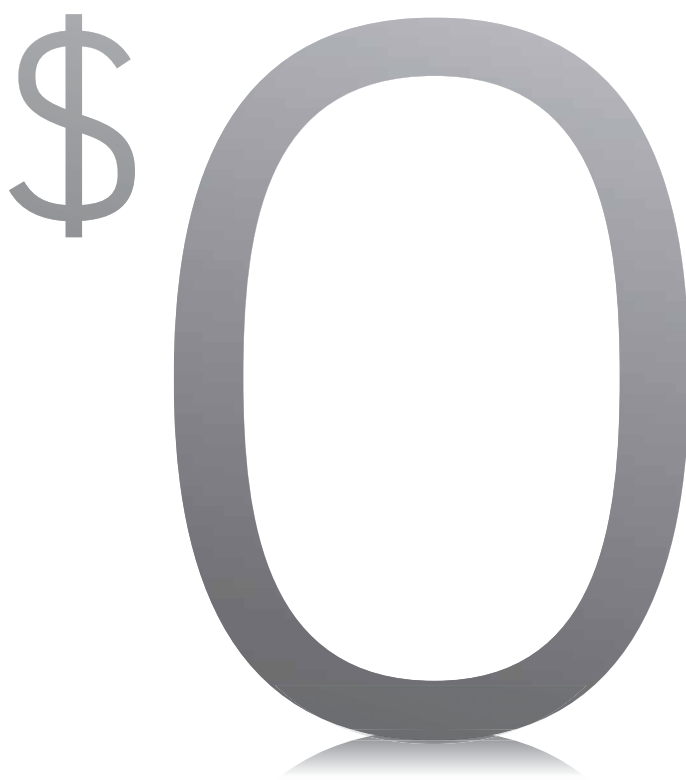
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The power of Christmas

People gather to look at Christmas lights that adorn a house in Melksham, England, on Saturday. The lights have returned to the town after a two-year absence and have raised thousands of pounds for charity. The display, which is worth about \$50,000, is thought to involve more than 100,000 bulbs. It takes a team of electricians five weeks to complete, and needs an up-rated electricity supply installed to cope with the additional power requirements. Inset, people react to a flurry of flakes generated by a snow machine outside the display. **MATT CARDY/GETTY IMAGES**

War tribunal accuses Economist of hacking

Bangladesh. Inquiry asks news magazine to explain how it got hold of judge's emails and Skype discussions

A Bangladesh war crimes tribunal has accused the British magazine *The Economist* of hacking the computer of its presiding judge to record conversations and read emails he exchanged with a lawyer.

The magazine did not directly address the charges, but said it was in possession of conversations and documents that raised serious questions about the workings of the tribunal.

The tribunal is trying 10 opposition politicians on charges of arson, rape and other atrocities committed during the country's 1971 war of independence from Pakistan.

Bangladesh says that during the war, Pakistani troops, aided by their local collaborators, killed three million people and raped about 200,000 women.

In an order passed last week, the tribunal accused *The Economist* of computer hacking and asked it to explain how it got emails and heard Skype conversations between Presiding Judge Mohammed Nizamul Huq and Ahmed Ziauddin, a lawyer of Bangladeshi origin living in Brussels, Belgium.

In an article published Saturday, *The Economist* said it has heard 17 hours of recorded telephone conversations and seen over 230 emails between Huq and Ziauddin.

THE ASSOCIATED PRESS



Holiday season

Rushing to mail your presents? So is everyone else

If you were thinking this is the week to finally mail out your Christmas cards or make a gift purchase online then you're not alone.

Canada Post expects Thursday will be its busiest day of the year. And FedEx is targeting Monday globally as its highest-volume day of 2012. Canada Post estimates the holiday rush will see it deliver about one billion cards, letters and packages.

Northwest of downtown Toronto, at Canada Post's largest parcel processing plant, workers are lining conveyor belts around the clock to handle the non-stop flood of holiday packages.

THE CANADIAN PRESS

Washington, D.C.

Obama, Boehner hold discussions about 'fiscal cliff'

U.S. President Barack Obama and Republican House Speaker John Boehner met Sunday at the White House to discuss the ongoing negotiations to avert the impending "fiscal cliff," as a growing number of Republicans in Congress appear to be moving toward acceptance of Obama's demand that tax rates go up on the wealthy.

It was the first meeting between just the two leaders since Nov. 6. Details of their conversation will not be released, their spokesmen said.

The meeting comes as the White House and Congress try to break an impasse over finding a way to stop a combination of automatic tax increases and spending cuts scheduled to kick in at the beginning of next year.

Obama has been pushing higher tax rates on the wealthiest Americans as one way to reduce the deficit — a position Boehner and other House Republicans have been steadfastly against. One GOP senator said Sunday that Senate Republicans would probably agree to higher tax rates on the wealthiest Americans if it meant getting a chance to overhaul entitlement programs like Medicare and Social Security.

THE ASSOCIATED PRESS

Wireless code of conduct. CRTC gets an earful about 36-month cell contracts

Quoted

"CRTC, please get rid of the 3 year contract, Canada will love you for this."

A consumer opinion submitted to a CRTC online consultation forum, which was part of the federal regulator's efforts to develop a code of conduct for the wireless industry.

Three-year contracts from cellphone companies should be banned, Canada's telecom regulator has been told in submissions to an online consultation.

Hundreds of people submitted their opinions to the Canadian Radio-television and Telecommunications Commission about a proposed code of conduct for the country's wireless industry.

The overwhelming majority who wrote to the CRTC over the two-week online consultation period passionately voiced concerns about being "held hostage" by 36-month contracts.

"Get rid of the 36 months contract!!!" said one person on the CRTC's online forum. "It first started with 12 months,

then 24 months, now the standard is 36 months, which is ridiculous!"

Those submitting opinions and suggestions to the forum were not required to post their names.

The first round of consultations, which closed this week, also heard several complaints about a lack of competition in the industry. **THE CANADIAN PRESS**

Transit. Students look for public support to get bus service licensed

Not easy to compete

- After Darren Cole and business partner Bill Mei went public with their plans to launch the Rocket, Greyhound sent them a letter saying it is the only company licensed to provide scheduled public transit between London, Ont. and Toronto.

- Greyhound said it would seek a cease-and-desist order from the OHTB if the Rocket, designed as a cheaper alternative, wasn't cancelled.

MARK SPOWART/FOR METRO/WITH FILES FROM TORSTAR NEWS SERVICE



ANNUAL ALLOWANCES FOR POLITICAL PARTIES

Independent Commissioner Invites Your Views

The *Election Financing Act* provides for an annual allowance to be paid to registered political parties. An independent commissioner of the Manitoba Legislative Assembly has been appointed to decide the amount of the allowance, how it should be determined, and how and when it should be paid.

The commissioner, Dr. Paul Thomas, would like to hear your views on the subject before January 11, 2013.

Your submission may be sent to:
Public Input on Annual Political Party Allowance
1035 - 405 Broadway, Winnipeg, Manitoba R3C 3L6
or email: allowance.commissioner@legassembly.mb.ca

Further information and questions to consider can be found at www.allowancecommissionermb.ca

NHL LOCKOUT GOOD FOR THE 'PEG



**URBAN
COMPASS**
Colin Fast
winnipeg@metronews.ca

The NHL lockout might be the best thing to happen to this city all year.

Yes, I realize that rooting against a quick labour agreement is grounds to get kicked out of the city, if not the country. But as I watch the reaction to the negotiation roller-coaster, I can't help but wonder if a lost season might actually be a blessing in disguise for Winnipeg.

We'll start with the obvious reason, which is that an owner-friendly settlement might help secure the financial stability of the Jets for years to come. Sure, True North Sports & Entertainment is rolling in cash today, but things aren't necessarily always going to be so rosy.

If player salaries continue to grow the way they have recently, then it's only a matter of time before the NHL in Winnipeg becomes a financial hardship again. While Mark Chipman is a big

wheel in this town, and David Thomson is the richest man in the country, neither of them got where they are by making bad investments.

And speaking of bad investments, we've already seen sob stories about how downtown eateries are suffering without pro hockey. But if your business plan revolves around waiting for people to show up at the rink, then your business plan sucks. There are just too many factors — labour troubles, shifting attendance levels, no playoff games and competition in and around MTS Centre — outside of your control.

NHL became our identity

Instead of being known as a slow and steady prairie town where the winters are tough and the people are tougher, we suddenly became Jetsville, where the primary industry is hockey, and our favourite colour is "polar ice blue."

The lockout forces restaurateurs and bar owners to become a little more creative and build businesses that draw people downtown on a regular basis, instead of just 42 nights per year.

Maybe they can do that by partnering with our major arts groups, who have been largely ignored over the past year. Without hockey in the mix, we now have the time and the money to enjoy some of the other things that make this city a great place to live.

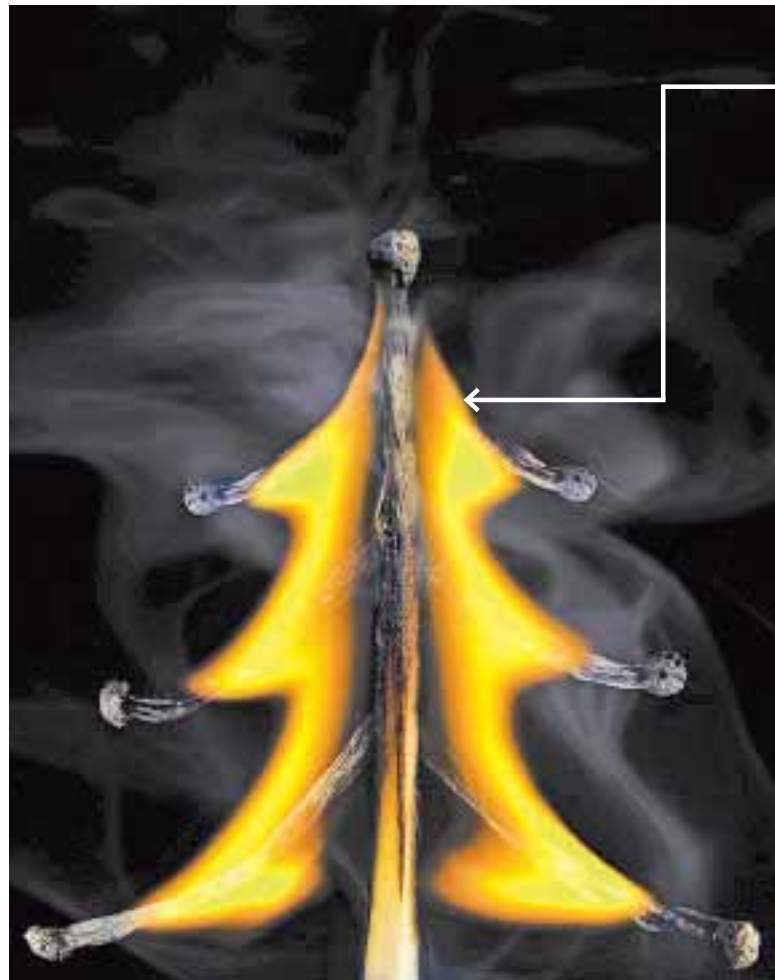
Wait ... you forgot there was more to Winnipeg than just the Jets?

Understandable, since we all got caught up in the excitement last year. Within just a few months we went from sad, former NHL town to watching the Winnipeg freakin' Jets play at our own arena. It was a remarkable story that made headlines across North America.

But along the way we seem to have lost our identity a bit. Instead of being known as a slow and steady prairie town where the winters are tough and the people are tougher, we suddenly became Jetsville, where the primary industry is hockey, and our favourite colour is "polar ice blue."

Look, there's no question the return of the Jets was a good thing for our city and the team quickly became an important part of our civic fabric. But they're not our entire identity. So maybe having an extended pause in the action will help us all remember that Winnipeg is a community of many parts, not just a name on a jersey.

The Christmas tree is on fire!



STANISLAV ARISTOV/REX FEATURES

Match art photography

This art is literally smoking hot

Some bright spark has set the art world alight and created this festive image using spent matches and fire.

Stanislav Aristov, 30, makes miniature sculptures like this one by bending the matches into the desired shape while they are burning and then, using a macro lens and studio flash, he takes the photograph.

METRO

Artist's viewpoint



"There is burnt for the past, the smoke of

memories left and the untouched part of the match the future. The fire is the life."

Stanislav Aristov, 30, IT specialist and part-time artist from Ekaterinburg, Russia

Accidental beginnings

How he had his eureka moment

Like many ingenious creations, Aristov's art came about by accident. Unable to come up with an idea, Aristov struck a match before noticing the incredible patterns formed in the carbon of the used wood — and so match art was born.

"It was while I was watching the match trying to think of something that I began to think of how it represents life," Aristov said.

METRO

Characteristics

Art produces 'very freakish forms'

For Aristov, the key characteristic of his match art is its unexpected shapes and composition, despite its use of a rather ordinary

object.

"Matches, of course, are quite a usual object, but it turned out (they) can be presented in very unusual ways," the artist said.

"Fire, as well as smoke, sometimes swirls in very freakish forms, which bring very interesting associations." METRO

Match art in numbers

200

is the amount of camera shots Aristov sometimes requires in order to capture the perfect match art composition. Aristov's amazing images include a smoky butterfly, a dangling spider, a crawling lizard and a burning heart.

Facing extinction

Partridges in pear trees tough to find in Britain these days

Britain's Royal Society for Protection of Birds says the two icons of the Twelve Days of Christmas — grey partridges and turtledoves — are in alarming decline. It said authorities should act to prevent them from becoming just distant memories within the famed Christmas song.

The society says the number of partridges have dropped 30 per cent. Turtledoves are even worse off — with a 60 per cent decline in numbers. The society warns, at this rate, the dove will face extinction by the middle of the next decade.

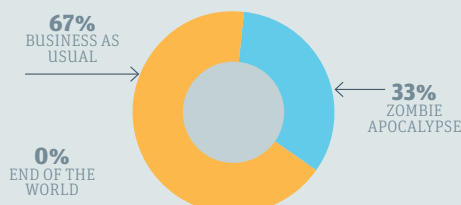
Society spokesman Grahame Madge said that budget cuts by the British government and the European Union threaten farm programs that support wildlife like the birds.

THE ASSOCIATED PRESS



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What's your prediction for Dec. 21, 2012?



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to @92citfm and eating a D-Jays Pizza!

@MazProblems:

Thinking I am important enough for Winnipeg media to talk to me #mazproblems

@AdamWestRadio:

Mom: where are you? Me: Maples Shell. Mom: with the rest of the Sunday morning, pajama wearing, gambling degenerates? #sports-elect

@IAMJericho:

Having an great time in Cologne, but damn do I wish I was in #Winnipeg hanging w @speewee listening

@JWStorie:

Damn it's soo cold I think my nipple just fell off!! #winterpeg @Winnipeg



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Fewer members presents fewer problems for rising Japandroids

Celebration Rock.

Electronic duo trying to adapt to playing bigger venues after successful new album

LUKE O'NEIL

Metro World News in Boston

There's no question that electronic dance music has been the primary driving force in music for the past few years.

We would never be so misguided to set up some sort of oppositional binary between DJ culture and traditional rock music (because obviously both can exist peacefully). But if we had to, there's no question which band would go as the first pick in our hypothetical fantasy music draft: Japandroids.

The sound on their acclaimed second record, *Celebration Rock*, is the Platonic ideal of shouted basement-show punk vehemence, best exemplified by song-of-the-year candidate, *The House That Heaven Built*.

The Vancouver band's success has found them graduating from the smaller clubs from which their stage-dives and bro-hugs aesthetic was born into much larger rooms, on an exhaustive tour that will bring them for the first time to Australia, Korea and, of course, Japan.

"I feel like we live on the road," drummer and vocalist Dave Prowse says from Tampa, Fla.

"We just tend to tour pretty hard, and not really take a lot of breaks. ... I think because we were kind



Japandroids Dave Prowse and Brian King. HANDOUT

of a struggling local band for two years, as soon as we got the opportunity to tour and see a lot of places, we had a hard time saying no to anything."

In the early days, working as a duo made that sort of schedule a lot more feasible, he says.

"When we first started, it was us in a Ford explorer. It was a lot easier to make that work with two people.

For a variety of reasons, being a two-piece makes logistics easier. Obviously the money, and the fact that there's only one other person you have to come to an agreement with. In a six-piece, it's probably harder to convince six people to go on (the road for two years."

That doesn't mean that he and guitarist Brian King don't still have their share of disagreements, but hav-

ing known each other for so long, Prowse says, they're on the same page about most things.

"The thing about being in a two-piece, you can't put anything to a vote, so if you disagree about something, you just have to figure it out. We have pretty similar ideas about lots of kind of trickier situations that bands have to make, with respect to things like

licensing music for advertisements or something like that, which is a big thing for a lot of bands. But neither of us are interested in doing that, so it's easy to say no to that. ... Obviously, there are certain moments where we disagree, (but it's) usually about small stuff rather than big stuff, which is probably the reason we're still a band after seven years."



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**NEED A
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Titus Andronicus back Local Business

Latest record. With a lean, mean new album, Jersey punk band are bringing listeners up to speed while fighting negativity

PAT HEALY
Metro World News in Boston

With the first words that Patrick Stickles sings on Local Business, the recently released third album by Titus Andronicus, it would seem that the album would be over before it's even started.

"OK, I think by now we've established everything is inherently worthless," sings Stickles on opening track, Ecce Homo, before concluding, "there's nothing in the universe with any kind of objective purpose."

But the singer says this opening salvo is not as defeatist as it reads on paper, and

that it's more about updating listeners just joining the program.

"I thought it would be a good way to start our discussion, and it was kind of a point that we belabored quite a lot in the first two records," says Stickles, "so you just get everybody up to speed and go on from there."

And where exactly can it go from there?

"Hopefully by the end, the hopeful element of it is a little more explicit," says Stickles, "in that in the void of meaning we are empowered to create meaning."

It seems that Titus have created a lot of meaning with Local Business. The production is leaner and meaner and the lyrical content is more introspective than their last effort. This second feat was almost inevitable though, as Titus' 2010 album, The Monitor, was mostly about the Civil War. Local Business is also the band's first

Hair today, gone tomorrow

• **Beard issue.** When Titus began rising to popularity, one of the visual elements that stood out most was Patrick Stickles' big, bushy beard. He shaved it after the tour for The Monitor, and he says he doesn't miss it. "I just was sick of it. I wanted to move on, live a life without it," he says. "Now I talk about it more, go figure."

album where the lineup that recorded the songs is the same lineup that has been touring to support it. For the most part, Titus has been made up of Stickles, drummer Eric Harm and a revolving door of other players. Does Stickles feel like this lineup will be the one that's finally in it for the long haul?

"I felt that about all the bands, but it hasn't panned out like that," he says, almost cautiously. "But so far this one is going good."



Titus Andronicus' new album is called Local Business. PHOTO: KYLE DEAN REINFORD

Autopsy report error

LAPD apologizes to B.I.G.'s family

Police detectives apologized to the family of Notorious B.I.G. for failing to warn them about the planned release of his autopsy report

more than 15 years after he died in a drive-by shooting, the Los Angeles Police Department said Saturday.

The detectives had intended to notify the rapper's family, but the report was released prematurely "due to an administrative error," the department said in a state-

ment.

"Our detectives personally spoke with the Wallace family (Friday) night, and apologized for not notifying them prior to the release," said Capt. Billy Hayes, who heads LAPD's Robbery-Homicide Division, which is investigating the killing. **THE ASSOCIATED PRESS**

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Taylor Swift

Life in the Swift lane: Songstress opens up about her love life

Taylor Swift's romantic history is well-documented, but the singer admits she's no pro on the subject. Swift's blind spot is "how to make them last," she admits to the British edition of Cosmopolitan magazine. "I've never had a really long relationship, so I have no idea what that's like," she says. "Wish me luck in the future!" Or the present, as Swift appears to be

getting serious with One Direction member Harry Styles.

Quoted

"I've never had a really long relationship, so I have no idea what that's like."

Taylor Swift

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Lindsay Lohan in the holiday spirit — and wanted too!



THE WORD
Monica Weymouth
scene@metronews.ca

Lindsay Lohan, bless her crazy little heart, is getting into the holiday spirit and playing Gossip Santa. Let's review her weekend, shall we?

On Friday, Linds was all smiles in the front row at New York City's Jingle Ball concert during The Wanted's performance. She's rumoured to be dating a member of the boy band, Max George, who more or less confirmed some aspect of some relationship: "We can stay out of trouble and keep her out of trouble," he tells PerezHilton.com. "She can party just as hard as us. She's a great girl."

All "great girl" comments aside, we've endorsed fiber breakfast bars more enthusiastically than that. And it seems like Lohan might be less happy than she's letting on for the cameras — from what Metro heard at the Jingle Ball, she was allegedly seen crying in a bathroom backstage. (Then again, who doesn't have a good cry at their boyfriend's holiday party?)

Not to pile it on, but yesterday TMZ reported that Lohan's finances are in such bad shape that she's struggling to pay the rent on her \$8,000-per-month Beverly Hills mansion. Ever since the IRS seized her bank accounts, she's reportedly been hitting up friends for money.

Santa Lohan, at the risk of being greedy, we'd like to submit our Christmas list: One Aniston pregnancy announcement, one Jolie spite pregnancy announcement, two John Stamos rom coms and the Easy-Bake Ultimate Oven.



Megan Fox and Brian Austin Green ALL PHOTOS GETTY IMAGES

Fox and Austin Green adapt to growing family

Megan Fox and husband Brian Austin Green are thrilled about the arrival of their two-month-old son, Noah, but not everyone in the household is so enthusiastic. "Kash is a little indifferent," Fox tells

the Daily Mirror about her 10-year-old stepson, Kassius. "He's not experiencing any sort of jealousy or competitiveness, but he's not excited because he just wants to go play video games."



Catherine Zeta-Jones

Zeta-Jones doesn't want to talk about bipolar

Catherine Zeta-Jones is starting to regret opening up about her 2011 hospitalization for bipolar disorder. "You know what? I'm sick of talking about it because I never wanted to be the poster child for this," she says in an interview with Good Morning America. "I never wanted this to

come out publicly. It came out, and I dealt with it in the best way I could, and that was just saying, 'Hey, I'm bipolar.' Everyone has things going on and we deal with them the best we can. We can't jump from the rooftops shouting, 'I have this, look at me. Victim.' No, we all have issues in life."

Twitter



@RebelWilson
Thanks for all the marriage proposals x



@kirstiealley
So I'm a b--- today.. what's wrong with being a b--- ?? It's not like I've stabbed anyone in their Money-maker.....yet



@Rosie
Justin Bieber is Elvis - amazing last night @ jingle ball - didn't love the endless weenie grabs - but god he is angelic and beautiful



@SteveCarell
I'm thinking of starting a roadside assistance service for the desert. I will call it "Camel Tow"

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Royal baby makes three

Kate and Will. With the Internet buzzing about the Duchess of Cambridge's pregnancy, Metro's family columnist weighs in



IT'S ALL RELATIVE
Kathy Buckworth,
kathybuckworth.com

The announcement that royal couple Catherine and William are expecting their first child has many speculating how this baby and his or her famous parents will cope.

It can be hard for a normal, common family to adjust to family life. There are a few differences that spring immediately to mind when one thinks of a royal.

Like most new moms, much of Kate's hair will likely fall out during her first few postpartum months. However, unlike most new moms, she could potentially finance a small country with the money she would make by selling it on eBay.

Kate will have to decide what name goes best with the surname Wales.

Sadly, the name Hash-tag has already been taken. Luckily, AtSign, Double-BackSlash and Meme are all still available, should Kate and Will decide that Vic-



Let the baby bump watch begin. Kate and Will are expecting their first child. ALASTAIR GRANT/THE ASSOCIATED PRESS

toria, Elizabeth, George and Edward are too stuffy and old school.

Kate will have additional parenting challenges due to the fact that paradoxically her child, by virtue of being third in line for the throne, will technically be the boss of her.

Potty training days will bring new meaning to the term "sitting on the throne."

And while most babies are congratulated for speak-

ing their first word, the first royal wave will also have to be rejoiced.

Come birthday time, likely Will Jr. asking for a pony will be a little redundant. But planning the party will be easy for Kate's side of the family, and uncle Harry's sure to be entertaining (and hopefully clothed).

For William, "Bring your child to work day," which doesn't typically happen until the child is 14, will need to be pre-planned now

due to the security detail involved.

And there's really no point to Baby Wales taking daddy in for Career Day at school, as no other kid in the class will be able to aspire to have the "next in line for the throne" job.

Instead of sitting in line for hours to sign their child up for swimming lessons, Kate and Will will have to spend hours interviewing the royal swim instructor.

Likewise, the royal soc-

cer coach, royal T-ball trainer and royal lice remover will also be interviewed.

Should their child get lice, they can force everyone around them to cut off their hair. This, history tells us, is a vast improvement over ordering a whole head to be cut off.

Good luck to you, Will and Kate.

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3
LIVE

The name game

Think you know what Will and Kate should call the future heir to the throne? Let us know at metronews.ca



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Spice up Santa's cookies with Cinnamon-Honey Oat Drops

Looking for classic, comforting flavours in a chewy, soft cookie? This is it. The recipe takes a basic oat drop-style cookie and adds the comforting, holiday flavours of cinnamon and honey. These cookies beg to go with tea, hot cocoa or even milk left for Santa on Christmas Eve.

1. Heat oven to 350 F. Line 2 baking sheets with parchment paper.

2. In bowl, use electric mixer to beat butter, brown sugar, honey and vanilla. With mixer running, add eggs, one at a time,

Ingredients

- 1 cup (2 sticks) unsalted butter, room temperature
- 1 cup packed brown sugar
- 1/2 cup honey
- 1 tsp vanilla extract
- 4 eggs
- 2 1/4 cups all-purpose flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 tsp cinnamon, divided
- 2 1/2 cups old fashioned oats
- 1/4 cup granulated sugar



This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

scraping the bowl in between additions.

3. Stir in flour, baking soda, salt and 1 teaspoon of the cinnamon. Stir in the oats.

4. Scoop by tablespoonful onto the prepared baking sheets,

leaving 2 inches between each cookie. Using slightly moistened hand, flatten cookies until 1/2 inch thick.

5. In bowl, stir granulated sugar and remaining 1/2 teaspoon of cinnamon. Sprinkle lightly over the top of each cookie.

6. Bake 10 minutes, or until no longer glossy and just starting to turn golden brown at the edges. Let cool on pan 10 minutes, then transfer to a rack to cool. Store in airtight container at room temperature for up to a week.

THE ASSOCIATED PRESS

Healthy eating

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Longing for summer? Wendy's treats are creamy, delicious and will instantly transport you to warmer times. But be warned, they contain an overload of calories and sugar.

Wendy's Caramel Frosty Shake (Large)

1,000 calories / 154 g sugar

This beverage contains three quarters of a woman's daily calories and four times the daily sugar amount.



Equivalent

One large Wendy's caramel Frosty Shake is equivalent in sugar to 12 Boston cream donuts from Tim Hortons. It's close to consuming 40 teaspoons of sugar. The caramel sauce has the excess calories, fat and sugar — not to mention the whipped cream.



Wendy's Vanilla Frosty (Large)

570 calories / 81 g sugar

Having half the calories makes a better choice, but only once in a while. This is still too many beverage calories to consume.



Chocolate Pepper Sable gets kick from seasoning

We tend to think of black pepper as a savoury seasoning, but it also has a sweet side. No, pepper itself doesn't taste sweet, but its trademark bite does pair well with sweet ingredients.

So for this cookie, use black pepper in a richly sweet and buttery sable — the French cousin of more traditional shortbread cookies. And while most bemoan the trend in recipe writing that calls only for freshly ground black pepper, this is a case where you'll want to grind it just before using it. It is, after all, the star ingredient.

1. Heat the oven to 350 F. Line 2 baking sheets with parch-

Ingredients

- 1 1/4 cups all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1 tsp freshly ground black pepper
- 1/2 tsp baking soda
- 12 tbsps (1 1/2 sticks) unsalted butter, room temp
- 3/4 cup packed brown sugar
- 1/4 cup granulated sugar
- 1 tsp vanilla extract
- 1/4 tsp fine sea salt
- 1 cup finely chopped chocolate or mini chocolate chips



This recipe makes 36 cookies. MATTHEW MEAD/ THE ASSOCIATED PRESS

ment paper.

2. In bowl, whisk flour, cocoa powder, pepper, baking soda.

3. In bowl, use an electric mixer to beat butter, brown sugar, granulated sugar, vanilla and salt. Add in the dry mixture to the butter-sugar blend, then mix just until a dough forms. Mix in the chocolate chips.

4. Roll the mixture into 36

small balls and arrange on the prepared baking sheets, leaving about 2 inches between them. Use a flat-bottomed glass to gently press and flatten the cookies on the baking sheet.

5. Bake 15 minutes, or until no longer wet looking. Cool on the pan for 5 minutes, then transfer to a rack to cool completely. Store in an airtight container at room temperature for up to a week. THE ASSOCIATED PRESS



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Cash in on these hot career choices: Advice that you can take to the bank

Profitable paths.

The working world is rough right now, but there are fields that can fill your wallet

YLVA
VAN BUUREN
careerbear.com

Looking to make a lot of money fast? There are some jobs where the sky is the limit for income, says financial expert Lesley Scorgie.

Scorgie is the author of two books: *Rich by Thirty: A Young Adult's Guide to Financial Success*, and *Rich by Forty: A Young Couple's Guide to Building Net Worth*. Check out her list of moola-making jobs:

Commercial sales rep

A commercial sales representative is someone who sells a product or service for a company.



Research budding industry and become a part of it. Check! ISTOCK

There are commercial sales reps in many different industries and the most lucrative include health care (pharmaceuticals), real estate and the financial industry (brokers and bankers). "Really, the more you sell, the more you make." In terms of training, many companies will pay for sales training.

Caveat: You've got to have a sales personality, or it will be a flop.

IT services

IT services is a discipline for managing information technology systems.

"Folks are redesigning systems to control financial activities. Governance and

management of those systems is turning into lucrative business."

Caveat: These positions are about rebuilding ineffective systems.

Upstart entrepreneur

High risk entrepreneurial ideas that capture trends in

some way can be quite lucrative, quite quickly, says Scorgie. "We see lots of examples in the gaming and APP development world right now."

Caveat: The key is captivating the hearts of people so the product becomes a smash hit.

Oil and gas industry job

This is a broad category with a technical side (engineering, geophysics, geology, etc.) and a business development side (where you would find new opportunities for the sector. Water and sustainability initiatives are popular right now). "These positions are generally higher incomes to start, and you progress quickly."

Caveat: People make money when times are good, so it's important to make sure there are benefit plans that include long-term incentives.

Agent

An agent is someone who is authorized to represent an

other individual (an entertainer or baseball player, for example) who usually makes a lot of money themselves.

The job entails negotiating contracts and terms, and having contacts in the industry.

Caveat: Financial success is usually tied into the sales side of things.

The great web of work

- Career Bear is Canada's premier source for people who want a new career, but aren't sure where to start.
- Visitors to the website can browse careers by industry, salary, outlook or alphabetical listing and find job profiles, quick career facts and training programs near them.



The In-Credibility Factor

Name: Dr. Jonathan DellaVedova
City: Hamilton, ON
Age: 28
Occupation: Doctor specializing in pediatric medicine



THE IN-CREDIBILITY FACTOR
Teresa Kruze
life@metronews.ca

Dr. DellaVedova (or Dr. DVD as he's referred to by his young patients) always thought he'd be a teacher. On a whim he applied to medical

school and has not looked back since. He is currently in his fourth and final year of residency in general pediatrics at McMaster Children's Hospital in Hamilton. In the summer of 2013, he will return to his home town of Sault St. Marie, where he has accepted a job as a community pediatrician.

I knew I was on my way when ... I attended my first delivery of a baby. I was a first year medical student and I was working with an obstetrician that was a total grouch. He let me catch the baby even

though I had no clue what I was doing. When that baby cried, I was so over the moon and I think I was more excited than the actual parents. I was so grateful to the doctor and the parents for letting me be a part of that moment. That's the feeling I try to remember when I get woken up a dozen times a night to attend deliveries and bring a new life into the world.

Do it for yourself, but do it for them, too

There's an enormous amount of commitment and effort that goes into medical

training, but you can't get to the first day of medical school or the last day of residency alone. Your family raised you, your teachers taught you, your friends and your partner supported you on the days you were so overwhelmed and sleep deprived that you wanted to quit. The people in your life invest in you because they want to see you succeed, so make it happen.

Pay it forward

The more skills and qualifications you get, the more opportunities will pile up and the more you will find

yourself saying, 'No'. But never turn down an audience with aspiring young people or an opportunity to teach. Some day they may be your doctor, nurse, mechanic or food safety inspector.

Get a grip

Working with sick children everyday has an incredible way of putting your problems into perspective and reminding you what is important in life. Yes, you will have to work hard, but enjoy every single moment, take nothing for granted and share the love.



Dr. DellaVedova. PROVIDED

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Grieving Cowboys gut out close win

NFL. Dallas plays a day after learning one teammate was killed and another arrested following a car crash

Numb. Grieving. Distracted. The Cowboys were all those things on Sunday, dealing with the death of one teammate and the tribulations of another.

Winners, too, though they hardly felt like it.

Dan Bailey kicked a 40-yard field goal as time ran out, sending the Cowboys to a 20-19 victory over the Cincinnati Bengals that ended a tough afternoon with a little bit of relief and their playoff chances enhanced.

Didn't last long, though. There will be a lot more emotional days ahead in Dallas.

"It's a hard, hard situation we're in," quarterback Tony Romo said. "There's no playbook for this sort of thing in life."

The Cowboys overcame a nine-point deficit in the closing minutes behind Romo, who held his hand over his heart during a moment of silence to honour teammate Jerry Brown before the kick-off. The linebacker died in an car accident early Saturday.

Defensive lineman Josh Brent, who was driving, was still jailed in Texas on Sunday, charged with intoxication manslaughter.

The Cowboys (7-6) learned about Brown's death on their flight to Cincinnati on Saturday. Coach Jason Garrett told his team that the best way to honour him was to play well in a game with playoff implications for both teams.



Dallas Cowboys quarterback Tony Romo leaves the field after the Cowboys defeated the Cincinnati Bengals 20-19 on Sunday in Cincinnati. MICHAEL KEATING/THE ASSOCIATED PRESS

Quoted

"I don't remember crying this much other than maybe the day I was born."

Dallas Cowboys defensive lineman Marcus Spears on the emotional toll of playing after learning of the death of one teammate and arrest of another following an auto accident.

One of the visitors' metal lockers at Paul Brown Stadium had a strip of white athletic tape with "53 JERRY BROWN" attached to the top, a wooden stool inside sitting upside-down. Brown's No. 53 jersey was on the sideline

during the game — defensive tackle Jason Hatcher held it up after Bailey's kick decided it.

It wasn't much of a celebration by an emotionally spent team.

Players couldn't keep the

tragedy out of their thoughts during the game, finding their minds wandering on the bench.

Owner Jerry Jones described his team as grieving when it took the field. It was the second consecutive week that an NFL team was playing a day after losing a teammate. Kansas City beat Carolina 27-21 one day after linebacker Jovan Belcher shot his girlfriend at their home before driving to the Chiefs' practice complex and shooting himself. **THE ASSOCIATED PRESS**

MLB

Phillies pick up all-star Young

The Philadelphia Phillies have acquired seven-time all-star infielder Michael Young from the Texas Rangers for two relief pitchers.

The deal was announced Sunday, a day after Young agreed to waive his no-trade clause.

The Phillies are sending right-hander Josh Lindblom and minor league righty



Michael Young
GETTY IMAGES

Lisalverto Bonilla to the Rangers to get Young, who fills a void at third base.

THE ASSOCIATED PRESS

Lockout

Hockey talks may resume this week

The NHL and the locked-out players' association are talking again, and a return to the bargaining table could happen soon.

After a few days to cool off following an epic collapse in negotiations, the league and the union have been in touch in an attempt to restart conversations that could save the season.

"Trying to set up something for this week, but nothing finalized yet," NHL deputy commissioner Bill Daly wrote Sunday in an email to The Associated Press.

Negotiations broke down Thursday night after three straight days of talks in New York. Moments after players' association executive director Donald Fehr said he believed the sides were closing in on a deal to end the lockout, he was back at the podium to announce the NHL had rejected the union's latest offer. **THE ASSOCIATED PRESS**

MHSAA names best of past 50 years



Rick Watts, left, and Tammy Mahon are the Manitoba High Schools Athletic Association's male and female athletes of the half-century. METRO/HANDOUT

The careers of two accomplished Manitoba athletes were recognized Friday as the Manitoba High Schools Athletic Association announced its choice for male and female athletes of the half-century.

The MHSAA, which is celebrating its 50th anniversary this year, gave volleyballer Tammy Mahon and basketball all-star Rick Watts the half-century nod.

Mahon, who excelled at volleyball, track, basketball and baseball, still holds the high school high-jump record in both junior varsity, at 1.75 metres, and varsity

girls, at 1.76 metres. Her basketball career included winning the 'A' girls provincials in 1998 and being named MVP.

She landed a spot on the University of Manitoba's volleyball team and contributed to two back-to-back CIS championships.

Watts was a multi-sport athlete at Dakota Collegiate, making the finals or winning it all in volleyball, basketball and track and field from 1969 to 1971.

He went on to captain the University of Manitoba Bisons men's basketball team from 1974 to 1976

and graduated as its all-time leading scorer.

Both Mahon and Watts have been inducted into the Manitoba High School Sports Hall of Fame.

Along with Mahon, the female finalists were Megan Cyr of Lord Selkirk Regional Secondary School, Sami Jo Small of College Jeanne Sauvé, and Susan Boroski of River East Collegiate.

The other male finalists were Garth Pischke of Silver Heights Collegiate, Toon Van Lankvelt of Neelin High School (Brandon) and Jon Hanec of Dakota Collegiate.

BERNICE PONTANILLA/METRO

Six to watch in Russia

Injuries and the potential end to the NHL lockout might change a few things, but the depth and talent level of players invited to training camps for the world junior championship is breathtaking. Here's a look at some of the most intriguing players expected to star in Ufa, Russia, when the tournament begins Dec. 26.

TORSTAR NEWS SERVICE

Photos by Getty Images/Metro



Nail Yakupov, Russia

The No. 1 overall pick of the 2012 draft (to Edmonton) gets a chance to shine on the international stage after starring for his hometown team — Neftekhimik Nizhnekamsk — of the KHL. Through 19 games this season, Yakupov has 10 goals and eight assists.

Ryan Nugent-Hopkins, Canada

If a shoulder injury and the NHL don't get in the way, the No. 1 overall pick of the 2011 draft (to Edmonton) will get a taste of playing against a future teammate. The missing link in his impressive hockey resumé is an appearance at this tournament.



Nathan MacKinnon, Canada

What's this? A product of Cole Harbour, N.S., has a chance to go No. 1 in the draft next year? MacKinnon won't play centre — his natural position — but he will get a chance to show scouts his versatility by playing wing. He had five goals and six assists playing within his age group at the Ivan Hlinka tournament in the summer.

Seth Jones, United States

The Portland Winterhawks blue-liner is another potential first-overall pick in the next NHL draft and will go head-to-head for scouts' attention playing against MacKinnon and Team Canada in the same side of the draw. He's the son of former NBA player Popeye Jones.



Aleksander Barkov Jr., Finland

If there's a European out there who could challenge MacKinnon and Jones for the top spot in the draft, it's Barkov, the son of a former Russian hockey player. Barkov returns to Team Finland as the leading scorer for Tappara Tampere of the Finnish top division. At 16 years, four months last year, he became the second-youngest player ever to score at the world juniors.

Morgan Rielly, Canada

The Maple Leafs blue-line prospect (No. 5 in the 2012 draft) wears No. 4 in Moose Jaw and plays a bit like that other famous No. 4. That is to say, he plays all over the ice. At this tournament, his strength will be his skating, and he's got to rein in his free spirit.



MacDonald continues climb into UFC elite



Rory MacDonald, left, attacks B.J. Penn on Saturday night at KeyArena in Seattle. GREGORY PAYAN/THE ASSOCIATED PRESS

MMA. Kelowna, B.C., fighter takes another step on UFC mission, leaving a legend in wake

In the second round, Rory MacDonald reared back and buried a punch in B.J. Penn's side — as if looking to embed a treat in a ball of dough.

The 33-year-old Hawaiian grimaced and turned away. For a moment, it seemed like he might call it a night. But Penn kept fighting. And the beating continued.

MacDonald showed his

championship credentials in a unanimous (30-26, 30-26, 30-27) decision over Penn, a former lightweight and welterweight title-holder. In so doing, he literally treated the future Hall of Famer as a punching bag.

Still, the young Canadian ruled not stopping Penn earlier. "It's bittersweet because the job wasn't finished," he said later. "But that's just my outlook to fighting."

MacDonald's approach to mixed martial arts involves hurting people.

"When I look across the Octagon at somebody, it's just another body to me. Legend or not. I'm going in there to hurt

Next up for MacDonald?

Rory MacDonald (14-1) has now won four straight and is 5-1 in the UFC.

- After introducing himself as a title contender Saturday, he now has set his sights next on Carlos Condit, who handed him his only loss in June 2010.

him," the 23-year-old said Saturday night.

Job done, as a battered Penn was sent to hospital afterwards.

"At the end of the day, his main focus in that fight was to damage B.J. Penn," said friend and training partner Mike Ricci.

"He's not there to win rounds. He wins them because he does so much damage. He's not there to play the game and score points and fight these strategic fights."

The fight at Seattle's KeyArena was third on the bill but had a main-event feel.

According to FightMetric, MacDonald had 57 significant strikes to just seven for Penn in the second round. Overall the total was 116-24 in the Canadian's favour.

THE CANADIAN PRESS

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Horoscopes

Aries

March 21 - April 20

Stay focused on your long-term ambitions this week. Ignore all those interesting but unproductive activities that eat into your time and energy but bring no return. What is your number one goal? Go straight for it.

Taurus

April 21 - May 21

An upheaval or setback that took place last week may have knocked you out of your stride a bit but you will soon recover. Taurus is a wonderfully resilient sign and you will easily outlast those who oppose you.

Gemini

May 22 - June 21

There is a heightened sense of urgency about your activities now and that's good because a lot will happen over the next few days and you will have to move fast to keep up with events. Better still, get ahead of them.

Cancer

June 22 - July 23

The best way to further your aims is to help partners and colleagues further their own. The more you help other people now the more they will help you later in the week. You can't do it all on your own.

Leo

July 24 - Aug. 23

You need to get serious about certain issues over the next few days. You have been a bit too easygoing of late and some people are beginning to think you cannot be trusted. Go out of your way to prove them wrong.

Virgo

Aug. 24 - Sept. 23

Make sure you get plenty of rest today because you are going to be very busy come Wednesday and Thursday. You don't have to start the week at a run: start slowly and build up to a pace you feel comfortable with.

Libra

Sept. 24 - Oct. 23

The planets want you to go out and have fun. The planets want to see you enjoy yourself. At this time of year the Sun in the daring sign of Sagittarius gives you the perfect excuse — not that you really need one.

Scorpio

Oct. 24 - Nov. 22

Some kind of breakthrough is on the cards for the next few days, most likely of a financial nature. You may have to give up one thing to gain another but on balance you will come out on top in the deal.

Sagittarius

Nov. 23 - Dec. 21

You will get the chance to do something different today, something out of the ordinary and maybe even a bit outrageous. You enjoy seeing how far you can push your luck, so push away.

Capricorn

Dec. 22 - Jan. 20

Make a list of all the things you would like to change in your life, because you will soon get the opportunity to make them happen. Even if you like things pretty much as they are some things can still be better.

Aquarius

Jan. 21 - Feb. 19

What you most need to realize today is that if you think lucky you are more likely to be lucky. That's not new age mumbo-jumbo: like attracts like and a positive attitude really does make good things happen.

Pisces

Feb. 20 - March 20

You may not understand why a friend or family member is behaving the way they are but if you are wise you will let them get on with it. The planets suggest it's no big deal — they're just being a bit "anti". Hopefully, those limitations will have taught you the importance of timing. **SALLY BROMPTON**

Crossword

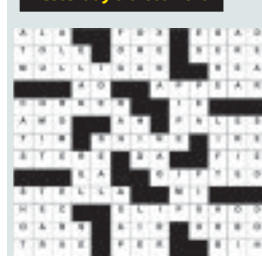
Across

1. Good Morning America's — Champion
4. Comic Margaret —
7. The — Fi Channel
10. Vocal
12. Sleep stage (abbr.)
13. Pinto or lima
14. Actress Bonet of The Cosby Show
15. Boxer called "The Greatest"
16. Hard knocks
17. Pretenses
20. — Elsewhere
21. Former talk show host (init.)
22. South Pacific nation
25. Frasier's dog
29. Three, in Rome
30. Egg cells
31. Path
34. Fictional rabbit
36. Compass pt.
37. Dorothy's aunt
38. Reception, e.g.
45. Great review
46. Soak flax
47. Easy gait
49. Enable, as a felon
50. Family card game
51. Dry
52. Heavy weight
53. Magnum, P.I. actor Selleck
54. Medical suffix

Down

1. Sun God
2. Operatic solo
3. Wad
4. Stuff
5. Second Beatles film
6. Leave off
7. Actor Penn
8. Hats
9. — and outs
11. Noose
13. Group of chicks
18. Actress Hagen
19. Fury
22. Take a rest
23. The Fresh Prince of Bel —
24. Soccer great Hamm
26. Speck
27. — Got a Secret

Yesterday's Crossword



What's online

See today's answers
metronews.ca/
answers.



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's Sudoku

8	7	4	9	5	1	2	6	3
3	1	9	8	2	6	5	7	4
2	5	6	3	4	7	1	8	9
5	3	2	1	7	8	9	4	6
7	4	8	6	9	5	3	1	2
9	6	1	4	3	2	8	5	7
1	9	3	5	6	4	7	2	8
4	8	7	2	1	9	6	5	3
6	2	5	7	8	3	4	9	1

4		9				5		3
	5	2	3		1	6	8	
3								4
			8		5			
	7			2			5	
			4		9			
1								8
	2	5	1		7	3	4	
6		7				2		5

Weather

TODAY



MAX: -10°
MIN: -11°

TUESDAY



MAX: -4°
MIN: -8°

WEDNESDAY



MAX: -11°
MIN: -22°



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